

Rise Up

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Dwight Meessen - June 2017

Music: "Rise Up" by Andra Day (Album: Cheers To The Fall)

I want to dedicate this dance to my stepmother who has breast cancer.

You are a fantastic and lovely person!

You can win this battle. Be strong and lots of love.

Info: Start on vocals

S1: Slow NC Basic x2

1-4RF big step side, LF drag, LF rock behind, RF recover

5-8LF big step side, RF drag, RF rock behind, LF recover [12]

S2: $\frac{1}{4}$ R Fwd, Hold, Spiral $\frac{7}{8}$ R/Sweep, Fwd x2, Rock Fwd Recover

1-2RF $\frac{1}{4}$ right step forward, hold

3-4RF $\frac{7}{8}$ turn right on ball foot and sweep LF around in 2 counts

5-8LF step forward, RF step forward, LF rock forward, RF recover [1.30]

S3: Back x2, Rock Back Recover, $\frac{1}{8}$ R Fwd, Unwind $\frac{3}{4}$ R/Sweep, Behind, Side

1-4LF step back, RF step back, LF rock back, RF recover

5-6LF $\frac{1}{8}$ right step forward, LF $\frac{3}{4}$ right on ball foot and sweep RF back

7-8RF cross behind, LF step side [12]

S4: Cross, Sweep, Mod. Diamond $\frac{1}{2}$ L

1-4RF cross over, LF sweep forward, LF cross over, RF step side

5-6LF $\frac{1}{8}$ left step back, RF step back

7-8LF $\frac{1}{8}$ left step side, RF $\frac{1}{4}$ left step forward [6]

S5: Rock Fwd Recover, Back, Sweep, Back, Sweep, Back, Side

1-2LF rock forward, RF recover

3-6LF step back, RF sweep back, RF step back, LF sweep back

7-8LF step back, RF step side [6]

S6: Cross, Sweep (x2), Jazz Box $\frac{1}{4}$ L

1-2LF cross over, RF sweep forward and push R hand up with fingers spread

3-4RF cross over, LF sweep forward and R hand down

5-8LF cross over, RF $\frac{1}{4}$ left step back, LF step side, RF step forward [3]

S7: Cross, Sweep (x2), Jazz Box Cross $\frac{1}{4}$ L

1-2LF cross over, RF sweep forward and push R hand up with fingers spread

3-4RF cross over, LF sweep forward and R hand down

5-8LF cross over, RF $\frac{1}{4}$ left step back, LF step side, RF cross over [12]

S8: Slow NC Basic, $\frac{1}{4}$ R Fwd, Pivot $\frac{1}{4}$ R, Cross

1-4LF big step side, RF drag, RF rock behind, LF recover

5-8RF $\frac{1}{4}$ right step forward, LF step forward, L+R $\frac{1}{4}$ turn right, LF cross over [6]

Start again

TAG: After the 2nd and 5th walls:

Slow Sway x2, $\frac{1}{4}$ R Fwd, Pivot $\frac{1}{4}$ R, Cross

1-2RF step side and hips right in 2 counts

3-4hips left in 2 counts

5-8RF $\frac{1}{4}$ right step forward, LF step forward, L+R $\frac{1}{4}$ turn right, LF cross over

Slow Sway x2, $\frac{1}{4}$ R Fwd, Pivot $\frac{1}{4}$ R, Cross

1-2RF step side and hips right in 2 counts

3-4hips left in 2 counts

5-8RF $\frac{1}{4}$ right step forward, LF step forward, L+R $\frac{1}{4}$ turn right, LF cross over

Slow NC Basic x2

1-4RF big step side, LF drag, LF rock behind, RF recover

5-8LF big step side, RF drag, RF rock behind, LF recover

Slow Sway x2, $\frac{1}{4}$ R Fwd, Pivot $\frac{1}{4}$ R, Cross

1-2RF step side and hips right in 2 counts

3-4hips left in 2 counts

5-8RF $\frac{1}{4}$ right step forward, LF step forward, L+R $\frac{1}{4}$ turn right, LF cross over